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Home

What is the Sattvic Diet?

🕒 2 days ago



by Matt Weik, B

There are so many different diets out there that it's hard to keep up. The latest one being talked about is the Sattvic Diet.

The Sattvic diet is a healthy eating prescription from the Ayurvedic medicine of the Hindu religion, which originated 5000 years ago. The Sattvic diet consists of fruits, vegetables, grains, and nuts, which immensely benefit their health. Sattvic foods increase energy, calmness, and mental clarity.

In essence, the Sattvic diet entails the consumption of nutritious and tasty vegetarian foods.

The Sattvic Diet — A Deadly Modern Vegan Construct With No Historical Basis

Today we return to the wannabe-fitness online publication Iron Magazine and their gullible and totally clueless writer Matt Weik as he continues his journey of total ignorance in the fantasy land of retarded diets. And as always, I'll try my best to be nice although I'm wading through a muddy lake of shit. Or at least, somewhat nice. Nah, I will tell it like it is, as I always do. No silly filters. So, [...]

[The Sattvic Diet — A Deadly Modern Vegan Construct With No Historical Basis Read the Full Article »](#)



Forcing The Body to Use More Energy By Increased Detoxification Is Not A Good Idea

Today we return to T-Nation and their clueless and protein-obsessed writer Chris Shugart, a guy I've had to correct more times than I care to remember. This time he's once again raving about the alleged metabolic/thermogenic effects of protein, which in reality are almost negligible. We already know that protein is used for several processes in the body, processes that require energy — so about 20 to 30 % of the energy content in

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Is Fluoride In Your Water Safe?



The Dark Truths About Fluoride

Healthline, the atrocious website who also operates Medical News Today and is owned by Red Ventures are focused on spreading misinformation and the backwards-thinking perverted medical “science” to keep you as unhealthy and “disease” ridden as possible. In other words, their mission is to keep you as a life-long weak, obedient, dumbed-down, and low-energy slave and customer to Big Pharma and the government. As part of that mission, they recently posted an article on

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Can a keratin hydrolysate from poultry feathers improve skin, hair, and nail health?



Nutrients for hair, nails and skin

In this randomized controlled trial, supplementation with a keratin hydrolysate derived from poultry feathers improved parameters related to skin, hair, and nail health in women who exhibited signs of skin, hair, and nail aging.

Skin, Hair, & Nails • #Dietitians • Skin Health • Nail Health • Skin Elasticity • Skin Quality • Wrinkles • Nail Quality • Keratin

This Study Summary was published on November 22, 2024.

Keratin Supplementation And Skin, Hair, And Nail Health

Today we'll take a quick look at a summary by Examine.com on a study that examined the effects of supplementing with keratin hydrolysate and its possible effects on skin, hair, and nail health. Before we continue, for those unfamiliar with keratin, it's a type of fibrous structural protein found in the epithelial cells of the outermost layers of the skin, as well as in hair, nails, horns, hooves, wool, feathers, and the scales of

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R-Lipoic Acid: Unleashing Its Potential for Weight Loss

November 20, 2024

Weight loss is a common goal for many individuals seeking improved health, enhanced energy, and greater confidence. However, achieving sustainable and healthy weight can be challenging, requiring a combination of effective strategies, including diet, exercise, and supplements. Among the myriad of supplements on the market, **R-lipoic acid (RLA)** has emerged as a promising aid in weight management. This naturally occurring compound plays a critical role in energy metabolism and offers a range of health benefits, including antioxidant support, improved insulin sensitivity, and potential weight loss effects. In this article, we delve into the science behind R-lipoic acid and how it may support your weight loss journey.

Don't Waste Your Money: R-lipoic Acid (ALA/RLA) Supplements

Today we return to Anabolic Minds and a recent article they published on the subject of R-lipoic acid (RLA) and weight management, as in fat loss. We know that naturally occurring and bioavailable RLA and its bioactive form dihydrolipoic acid (DHHLA) have important antioxidant properties, assist in detoxification and cellular repair, and also plays a role in energy production, as in the conversion of glucose into energy through aerobic metabolism. So, let's see what

[Don't Waste Your Money: R-lipoic Acid \(ALA/RLA\) Supplements Read the Full Article »](#)

Forget Toxic Supplements — You Can Only Get Vitamin B12 From Animal Foods

The supplement pushers at T-Nation are back with another ignorant and potentially dangerous advertisement article — this time “tackling” the problem of vitamin B12 deficiency among clueless and dumbed down plant-based morons. Before we get ahead of ourselves and laugh our asses off from reading their “recommendations,” let’s start from the beginning and see what else they got wrong. “When researchers studied over 160,000 vegans and vegetarians, they discovered an alarming trend: their mental

[Forget Toxic Supplements — You Can Only Get Vitamin B12 From Animal Foods Read the Full Article »](#)

Plant Toxins, Accumulated Toxicity, Tissue Damage, And a Decreased Lifespan

After this Saturday's article on the toxicity of nuts (seeds) my social media was flooded by comments and questions. While the majority of comments were positive, as my friends and followers are awake and of higher intelligence than the average sleeping sheeple, some comments were from people who never really commented before — most likely people who never looked at biology, physiology or biochemistry and simply believe in mainstream backwards “nutrition science” and “medical

[Plant Toxins, Accumulated Toxicity, Tissue Damage, And a Decreased Lifespan Read the Full Article »](#)

Nuts (Seeds) Are Extremely Toxic And Useless

As I'm a bit short on time, we return to Examine.com for today's “shorter” article and their summary of yet another stupid and unnecessary nutritional meta-analysis. And to be clear, a meta-analysis is a statistical method of combining and synthesizing the results of multiple independent studies addressing a “common research question.” So, what was this common question, this fascinating puzzle they had to solve this time? Well, this bunch of monkeys went through a

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Founder of the first Health & Fitness internet community Ironmag in 1996, former Editor-in-Chief for two magazines within the health and extreme sports industry, founder of Sweden's largest discussion board Kolozeum, writer and author for over 29 years with more than 600 officially published articles, more than 1600 self-published articles, and 8 books. Elite-level trainer/coach, nutritionist and body transformation specialist with over 32 years of experience with more than 1100 clients.

17 years of wasted studies in Western ‘Modern’ Medicine and Pharmacology. Animal-based nutritionist since 2018. Over 5 years of study of Biology, Microbiology, Biochemistry, The Terrain Theory, and 3.5 years of studying German New Medicine – which all helped me heal my cancer and failing organs in 2018, healed my life-long asthma and allergies, and has not been sick one single day since. Please note, that Joachim is still recovering from over-sensitivity and mental-fatigue from the healed brain tumor, and can thus only answer a few messages and e-mails a day as time is very limited.

Joachim is a truth-seeker at heart, an observer of the occult (know your enemy,) and with a contact network all over our world.

He is also the founder of the uncensored [online-community Ungovernable](#) — the one-stop website for anyone interested in seeking the truth — where he writes and answer questions daily.

“Everything you read on this website are my thoughts, views and speculations based on my experiences, knowledge and what I see daily. It’s nothing more than possibilities for you to consider, in which you can ponder the ideas and make your own conclusions.”

Online-Coaching and Consulting

Animal-based (carnivore) educational coaching, fat loss coaching, and consulting services on health and nutrition.

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